

JUST SAY GO!

I. Preface

Don't Just Sit There: Do Something!

This is the latest message from fitness experts to a nation of sedentary citizens. Statistics gathered from the 1996 Surgeon General's Report *Physical Activity and Health*, reveal that there is a need for a change in American's lifestyle.

- ❑ More than 60 % of adults do not achieve the recommended amount of physical activity. In fact 25 % of all adults are not active at all.
- ❑ Inactivity increases with age and is more common in women than men, and among those with lower income and less education.
- ❑ Nearly one half of young people between the ages of 12-21 are not vigorously active on a regular basis.
- ❑ Physical activity declines dramatically with age during adolescence.
- ❑ Female adolescents are less active than male adolescents.

The Healthy People 2000 Midcourse Report shows more evidence that we are becoming an overweight and inactive nation.

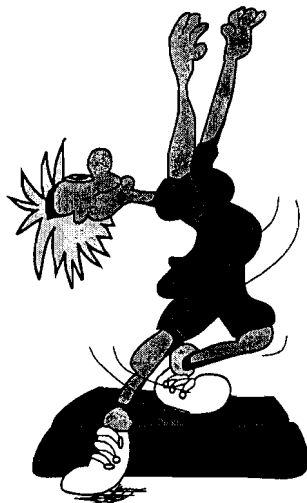
- ❑ 1 in 5 teenagers are overweight.
- ❑ 1 in 3 adults are overweight.
- ❑ Percentage of students engaged in physical education classes has decreased.
- ❑ Overall time allowed for physical education classes in schools has declined.

What Can Be Done?

The 1996 Surgeon General's Report focuses on a new view of physical activity and health. "The report brings together, for the first time, what has been learned about physical activity and health from decades of research. Among its major findings are that people who are usually inactive can improve their health and wellbeing by becoming moderately active on a regular basis. Physical activity need not be strenuous to achieve health benefits. Great health benefits can be achieved by increasing the amount (duration, frequency, or intensity) of physical activity."¹

"Regular physical activity that is performed on most days of the week reduces the risk of developing some of the leading causes of illness and death in the United States. Regular physical activity improves health in many ways such as reducing the risk of dying from heart disease, reduces the risk of developing diabetes, high blood pressure, and colon cancer."¹ Daily physical activity helps control weight, reduces stress, and builds healthy bones, muscles and joints. It also helps older adults become stronger and better able to move around.

"Given the numerous health benefits of physical activity, the hazards of being inactive are clear. Physical activity is a serious, nationwide problem. It's scope poses a health challenge for reducing the national burden of unnecessary illness and premature death."¹



¹ *A Report of the Surgeon General: Physical Activity and Health At-A-Glance 1996*, U.S. Department of Health and Human Services, Center for Disease Control and Prevention

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